THE Widowes trea-

ſure, plentifully furniſhed with
ſundry precious and approoued ſe-
cretes in Phiſicke, and Chirurgery
for the health and pleaſure
of mankinde.
(∴)

Hereunto are adioyned, ſun-
dry pretie practiſes and concluſions
of Cookerie: with *many profitable*
and holeſome medicines for
ſundrie diſeaſes in
Cattell.

At London,
Printed by Edward Alde, for
Edward White,
1588.

To the Curteous Reader,

THis Pamphlet beeing written (not manye yeeres past as it should seeme) at the earneste requeste and suite of a Gentlewoman in the Cuntrye for her priuate vse, which by theese singuler practises hath obtained suche fame, that her name shalbe remembred for euer to the posteritie. The originall Copie (by great chaunce) was lent me by an especiall freende of mine, in the perusing wherof I founde it so furnished with such rare experiments and prittie conceites as the like are not to my knowledge extant in the Englishe tung. I thought it my duty for the health and pleasure of many my freendes, to set them forth to the veiwe of the world, to be practised especially of those that take delight in such matter, or hath any occasion through their defectes to vse them

for their healthes ſake. This I dare preſume to reporte of the woorke, that there are herein included very manye ſecrets, that I knowe by the Widowes owne practiſe, to be moſt ſinguler and approued, and though perhapes they are not orderly ſet downe as manye of better ſkill might haue doone, I deſire you to conſider that this was of the collectione of ſuche a one as neuer once thoughte to haue made it common: but onely to his goodfreend M. R. This caueat ſhee alſo giueth by the way, to reade them aduiſedly and practiſe with diſcretion, and as you finde commende and ſo with all humilitie concluding I dedicate vnto you this her Treaſure and cheefe Iewell: deſiring you to be a defence aſwell for her as for me, from all ſuche as ſhall in your hearing ſcorne her, or me for diſcloſinge ſuch profitable experimentes.

Fare you well.

FINIS.

To make Sirrop of Roses or Violettes.

TAke of Violettes or Roses a pounde, steep them in three pints of warm water put it in an earthen pot with a narow mouth the space of viij. houres or more, after strain it and warm the water againe: & put in it againe so many Roses or Violets, & likewise let them lye in steepe eighte houres, & thus do at the least fiue times, the oftner the better, in especiall the roses, and after take to euery pinte: halfe a pounde of Suger, and steepe them together til the Suger be molten, then seethe them togeather with a softe swéte fier to the heith of a Sirrup: If you haue more Roses or Violettes, or fewer, let so muche be the proporcion of the water according to the proporcion before.

To make Diatreon Piperion the best.

TAke white Pepper, blacke Pepper and long Pepper, of eache fiue dragmes

and eighténe graines, Time, Ginger, Annelædes of eache a dragme: beate the longe Pepper, Annelædes, Ginger, and Time into fine powder, bruse the other two Peppers as groce as maye be: then take Suger clarified with Hissop water, eighténe z. seethe the Suger, and take so muche of the water aboue saide as will couer it. To knowe when it is enough, drop a drop on a saucer, and if it will come from the saucer without cleauing: it is enough. Then after coling, put in your powder and stirre them altogether, and after put all into a Potte.

Virtutes huius confectionis sequuntur.

THis decoction is good to eate,
alwaies before and after meate.
For it will make digestion good,
and turne your meate to puer blood.
Besides all this it dooth excell,
all windines to expell,
And all groce humors cold and rawe,
that are in belly, stomack or mawe.
It will dissolue without paine,
and keep ill vapors from the braine.

Besides

Besides all this it will restore,
your memory though lost before.
Vse it therfore when you please,
for therin resteth mighty ease.

To make Rosa solis.

TAKE first a quarte of the beste Aqua vitæ that you can gette, and put it into a Glasse or Pot of earth, then put into it fiue handfulles of Rosa Solis cleane picked, and the Rootes and dead leaues cleane clipped off, a quarterne of Suger beaten to powder, nine Dates opened and the white skin within pilled or plackt off, then shred the Dates in small peeces, and one ʒ. Ginger, di. ʒ. Nutmegges, ʒi. Annisedes, ʒiiii. Liquorice, beating all these last rehearsed into fine powder: Then put them altogeather in the sayde glasse or pot, letting them stand very close stopped the space of three or fower dayes, then take them al & straine the forsaide thinges into some cleane vessell as hard as you maye, so that you maye haue asmuche of the strengthe as is possible to haue of it: then take and put the liquor into the glasse or vessell that you mean to

preserue it in, and stop it very close that no strength passe out of it in any maner.

Doctor Hatchers powder against the Stone.

TAKE the Rootes of Ireos, Liquorice, calamus aromaticus, the haire of the Harts skinne burnt, of eche ʒ.ſ. the Rootes of Enula campana, Fillependula, Ginger, longe Pepper, Anniſeedes, Fenell ſeede, Saxifrage ſeede, Ana ʒii. Sinamon, Maces, Ciperus, Spicknarde, Saffron, Betonye, Ana ʒi. Suger ʒ ſ. ſene of Alexandria ʒiii. Rhabarbe, ʒi. Of all theſe premiſes make a powder fine and ſmall, and take thereof the weight of viii d. in the morning faſting with white Wine, twice or thrice a weeke leuke warme. It clenſeth the Bladder, Backe, Reines and Kidneies from the Stone, it remedieth belly ache, and prouoketh a laxe.

Maiſter Stranges plaiſter against the ſtone.

TAKE Plantaine, Featherfewe, Garden Tanſie, and Houſlike, of eache alike quantitye:

quantitye, and stampe all these togeather and straine them, then take the iuice and put to it Beane flower as muche as shall make it thicke, and then take three or foure spoonefulles of Honye, and clarifie them in the fire: which done put the iuice and the flowre into the Honye, and boyle them on the fire togeather vntill they be stiffe like a plaister. When you will vse this medicine, you muste take a double cloath that shall be a quarter of a yarde broade, and as long as will goe rounde about you, and as hot as you can sow it round about you, and this must you weare two daies and a night or els two nightes and a daye before you take it off.

To prouoke sleepe.

TAke a spoonefull of Womans milke, a spoonefull of Rosewater, and a Spoonefull of the iuice of Lettice boyle them in a dishe, then take some fine Flaxe, and make your plaister as broade as you will haue it lye on your forehead, and then moyste it with the same Liquor, and grate a little Nutmegge to strawe ouer it, and lay it to

your

your temples and it will prouoke slepe.

A soueraigne medicine for the Collicke.

MAKE a tosse of Houshold breade of cleane Wheate, and euer as you tosse it cast Malmesie on it, then take dryed Lauender Flowers, and caste it on the Tosse then laye it on a thinne cloth, and as hotte as you can suffer it lay it to your Nauel as close as you can.

To make Aqua composita.

TAKE a handfull of Rosemary, a good roote of Enula-campana, a handfull of Hissop. di handfull of Tyme, di. handfull of sage, fyre croppes of mints as many of Penirial, as manye of Marierum, di. handfull of Horehound, two vnces of Liquorice, two vnces of Annisedes bruised, then take three Gallons of good Ale, and put therein all these thinges aforesayd, and couer the pot close til it boyle, and then set on your Limbecke, and keepe vnder it but a softe easie fire. And if a man haue

haue the Stone, these Hearbes be good to put into the saide water, viz. di. handfull of Saxifrage, one handfull of Parcelye, di. handfull of Philependula, and di. handfull of Fennell.

For Cough and Flewme in the stomacke.

TAKE a quarte of stale Ale, and a handfull of Goosemeate whiche is named Hayrefe, and a quantitye of pared Liquorice, and a quantity of small Raisons, and boyle altogeather unto a pinte, and drinke thereof first and last.

For the Sciatica.

TAKE Sauery and mixe the iuice therof with Wheate Flower, and make a plaister thereof, and laye it where you feele the paine.

A soueraigne Oyntment for weaknesse in the backe.

TAKE a handfull of Dasse rootes, and as much of Planten, Bursa pastoris, centumnodi,

tumodi, and the croppes of Acrons, Ana i, handfull of Bole Armoniacke and the powder of Hartes horne, then take a Bucke Conye that is fat, and boyle all these together in white Wine and water, as muche water as Wine till the saide Cony be consumed the flesshe from the bones, and after take the Conye and the other gére forth of the broath, and straine the broth into a cleane vessell, and let it stand till it turne into a Jellye, and when you be in bed cause the backe therewith to be annointed by a chasingdishe of Coales three nightes together: and laye theron a Linnen cloth warm and softelye laye it on, and in no wise chafe your back.

For Flewme or stopping in the Stomack.

TAKE two handefulles of Honisuckle leaues, and an ounce of Annisédes: and three Stickes of Liquorice, boyle all these togeather in a quart of water til they be boiled from a quart to a pint, then drink therof in the morning fasting.

For Strangury or Stone in the Reynes of the backe.

TAKE Water of Camomill Stilled, and drincke thereof when you feele paine, one ounce fasting vntill the paine be alaied and eate a little Sager after: because the water is bitter.

To make Oyle of Camomill.

TAKE Oyle a pinte and a half, and three ounces of Camomill flowers dryed one daye after they be gathered in the shadowe then put the oile and the flowres in a glasse and stop the mouth close, and let it into the Sunne by the space of forty dayes.

To make oyle of Roses.

TAKE Oyle washed eighteene ounces, the buddes of Roses the white endes of them cut away three ounces, lay the Roses abroad in the shadow foure and twenty howres, then put them in a Glasse to the Oyle, and stop the glasse close: and set it in the Sunne at least forty dayes.

The

The maner how to washe the Oyle.

TAKE and put it into a Bason of faire Water, and beate it well with your hande that the drosse may fall downe, then take of that paste which remaineth above on the Water with a Spoone, and put the same Oyle into an other bason of faire water and wash it as you did before: and so purifie it three or foure times.

To make the Oyntment of Roses.

TAKE Oyle of Roses foure ounces, white Ware one ounce, melte them together ouer seething Water, then chafe them together with Rosewater and a little white Vineger.

To make a Tysande.

TAKE Borage, Langdebeefe, Sorrell Endife, Cinquefoyle, two or three handfulles of Barlye well picked, and bothe the endes taken off, then take halfe a handfull of red Fennell Rootes, and a quantitye of Liquorice

Liquorice, suger Candie, Figges, Dates, great Raisons, boyle all togeather from a gallon to three pintes.

For the strangurye.

TAKE a pounde of Guiacum, otherwise called Lignum vitæ, and let it be beaten to pouder as the Apothicary informeth you then put the substaunce therof in a pot with three quartes of pure water, and close the mouth of the pot surely, that in no wise the ayre thereof goe out, then make but a soft fire vnder the Pot that it doth not seethe or boyle, and to remaine so hotte (but not boyling the space of foure and twenty howres, and at the end of foure and twenty howres open the head of the pot, and take the whole substance and liquor, and put it in a stillatorye, and put thereto a Pottle of white Wine, and when you haue stilled the same drinke thereof in the Morning fasting, or any time els when you fele paine, and if you will haue but halfe a pounde of Guiacum, then according to the proportion of that quantity, vse the ingredience as is aboue written: and because many can not

come

come by white Wine if you haue a pounde of Guiacum, after the rate put to the pounde a gallon of cleare water to be ordered the space of foure and twentye howers as is aforesayde: then straine it through a Cloath: and drincke of it at your pleasure, but the vertue therof will not last past three or foure dayes.

A Clister for the Strangury.

TAke Camomill flowres and Mellons of eache one handfull, seethe them in a quarte of water to a pinte: then straine the liquor and put thereto three ounces of oyle of Camomill: the waighte of two grotes of salte: and so prepare the Clister.

For the swelling of the Yearde or Coddes.

TAke Egrimonye of the Water thereof distilled: and put thereto a quantity of Alome and set them ouer the fier till they almoste boyle: then with a ragge of Linnen cloath annoynt the Yeard vnder the skinne with the water well and warme: and it will

abate

abate the payne of the Peard and of the Cods also if they be washed with the same. Also to incarnate the skinne of the Peard within, take the water of Fumitary, & lay Liquorice pared therin one night, and put of the same water into the Peard with a spunge, or els with a tent of linnen cloth.

¶ Doctor Bartlets Medicine for Aches with swelling.

TAke flowers of Camomill and Rose leaues, sæthe them in white Wine, making a plaister thereof, laye it to the place where any paine, ache or swelling is.

To make one to pisse.

TAke the powder of the berries of Iuie, and drinke it with white Wine, or els with stale Ale hot.

THe worthy Doctor and excellent practicioner Rasis writeth, that whosoeuer oftentimes snuffeth vp into his nostrelles the iuice of great Margerum shal neuer be diseased in the head.

A singuler remedy for all diseases in the head of what cause soeuer.

TAke a handfull of Camomill, a handfull of Betonye, a handfull of Veruaine leaues cleane picked, stampe them and seeth them in Ale wort, and when it hath sodde, put therevnto a little Commin séede finely beaten, with a litle powder of Harts horne, three spoonefulles of Vineger, the yolkes of two Egges and a little Saffron, stirre them about, and lay a plaister hot ouer all his forehead. It is an approued medicine for the Megrim.

CHesse wormes that are found betweene the Barke of Trées, which will be rounde like a Pease sodden in Oyle it maketh a singuler ointement for the Megrim: and the same Oyle dropped into the eares swageth the paine.

An approued remedye for the Toothache

THe Rootes of Henbane sodden in Vineger and Rosewater, put the decoction in your mouth.

A woorthy purgation to auoide Choller.

TAke halfe an vnce of Cassia newly drawne, a dragme of good Rubarbe, infused a night with water of Endife, with a little Spikenarde, and an vnce of Sirrop of Violets: mixe all the sayde thinges with three ounces of Ptisan or Whay, and drinke it warme.

Against the vnkindely heate of the Liuer.

TAke a good handful of Liuerwoorte that groweth vpon the stones, and an other of Fumitorye, with as muche of Hartes tunge, and seethe them in Whay clarified, and drincke them euerye daye twice. Also seethe Barberies in Whay and drinke it.

THe Liuer of a Hare dryed and made in powder, is approued for all diseases of the Liuer.

Mythridates medicine against corrupt ayres.

Twentye leaues of Rewe, two fatte Figges, two Walnuts, and a little salte: whosoeuer eateth of this composition, shall be sure from all kinde of venim that day.

To increace Milke in Womens Brestes.

Parsnep Rootes and Fenell Rootes sodden in broath of Chickens, and afterwardes eaten with a little fresh Butter, maketh your milke increace.

Rice sodden in Cowe milke with crummes of white breade. Fenell séede in powder and a little Suger is excéding good.

Christall made in fine powder, and mixe it with as muche Fenell séede and Suger, and vse to drinke it warme with a little Wine.

An excellent sope for Scabbes and Itche.

Take white Sope halfe a di. and steepe it in sufficient Rose water, til it be wel

soked, then take two dragmes of Mercury Sublimed, dissolue it in a little Rose water, labour the Sope and the Rose Water well together, and afterwarde put in it a little Muske or Ciuet, and keep it. This is singuler to cure a great Scabbe or Itche without perrill.

An approued medicine to driue away Lyce.

TAke the Dregges of Oyle, or fresshe Swines Greace a sufficient quantitye wherin you shall chase an vnce of Quicke Siluer till it be all suncke into the greace, then take powder of Staues-acre searced and mingle all together, make a Circle of a woollen till met for the middle of the pacient, and all to annoint it ouer with the said medicine, then let him weare it continually next his skinne, for it is a singular remedy to chase them away. The onely odour of Quick Siluer killeth Lyce.

For to stop the Flixe.

TAke Dene croppes and stampe it, and drinke it with stale ale, and it will a-

mend by Gods helpe.

For the bloodye Flixe.

TAke an Apple and rosse it, and put therin as muche Mare as a Beane, and let the Patient eate it, and by Gods helpe it will amend.

For any bruse.

TAke an Ore Gall and Onyons, and fry them with Shrepes Talgh, and it will helpe presently.

An ointment for the backe.

TAke foure ounces of Vnguentum Frigidum Galeni, an ounce of the iuyce of Houslike, two dragmes of Mirtle, and as much of Lead burned, one dragme of Camphier, halfe a dragme of red Rose leaues, as much red Currall, and according to Art make all these an Oyntment in a Mozter of Lead.

For an Ague.

TAke a handfull of Hartes horne that groweth in the fielde, and a handfull of baye

baye Salte, and lay it to your wrists.

For the Tooth ache.

TAKE Bytonye, Sage, and Allome, sœthe them in Vineger, and let it lye in your Toth.

To keepe Venison fresh a long time.

PResse out the blood cleane, and put it into an earthen pot, and fill it with clarified Honey two fingers aboue the flesh, and binde a Leather close about the mouth that no ayre enter.

To keepe it from rotting after it is new slaine.

COuer it close from the Sunne or Ayre with Fearne, and laye it in a colde place, then washe it cleane and let it lye in Water halfe a daye, and then laye it on the Flooze to dryе, then set the Water and Salte together, and let it cole till it be leuke warme, and then washe the

Venison therin, and let it lye in that pickle three dayes and three nightes, then take it out and powder it with drye Salt, and barrell it and stop it fast.

To keep Peares.

PUt them in a vessell that they touche not each other, and make a bed of peares and an other of fine white Salt, and couer them close.

To kill Lyce.

MAke a fier and put quicke siluer therein, and hang the clothes ouer it in the smoke and no vermin will come in them.

Against drunkennes,

DRinke the iuyce of Yarowe fasting, or els the Marrow of Porke fasting.

To make Linnen cloth or Yearne white.

TAke a Herring Barrell, and fill it full of Ale dregges, and stoppe it fast, but first

first you must haue a good dishefull of parched Beanes, and put them in a Linnen bagge, and being hotte, put them to the Dugges till they coole, and shut it fast the space of one quarter of an howre, then take a pounde of Allome ground to powder, and cast it therein, and let it lye so foure dayes well closed, then wash it.

To remedy the feet that are sore with Trauailing.

TAke Plantaine and stampe it well, and annoint your fæte with the iuice thereof, and the greef will swage.

A notable experiment against the Phitiske of the Lunges.

TAKE of the Pimpernell brought into very fine powder two ounces, of newe Pimpernell water, and of Suger as much as shall suffise, making thereof an Electuarie, of which take dayly two dragmes.

PArsly with crummes of Breade applyed in the stæde of a plaister, doth heale the Shingles,

Shingles, but the decoction of the same drunke doth breake the Stone. Florenti.

MIntes put into Milke, it neither suffereth the same to curde, nor to become thicke, in so muche that layed into curded milk, this would bring the same thinne againe, so that by the same vertue and propertie he saith to resist and abate the generation as wel in man as woman. Florentinus.

A good drinke for the pestilence.

TAke a Lillye rote and washe it cleane and boyle it in white Wine till the one halfe be wasted, and then giue it the sicke to drinke, and he shall breake out ful of bladders as if he were burnte or scalded, which of them selues will drye and ware whole. Pastor.

CHestnuts eaten with Honnye fasting, do helpe a man of the Cough.

To make a perfect black Inke to write or limme withall.

Take

TAke one pound of Galles, one pound of Gumme Arabick, of Vitrioll an ounce, bruse your Galles and Vitriall, and put them into a vessell fit for your purpose, fil it with white Wine, that all your stuffe may be couered aboue a hand bredth: then set it in the Sunne and stirre it daily.

A very good Greene.

TAke the iuice of Rewe, Verdegres, and Saffron, bray them, and when you will vse it, mingle it with Gumme water.

An other Greene.

TAke greene Waize, steepe it alone in vineger, then straine it through a Linnen cloth, and grinde it with a little Pony and Gumme water.

An Emeralde Greene.

TAke Verdegres, Litarge, Doricke Siluer brayed to powder, and ground with the pisse of a yong childe.

For

For to make a colour like Golde.

TAke an vnce of Orpiment, one vnce of fine Christall, bray them seuerally, and mingle with them the white of an Egge.

TAke Saffron dryed, beaten into powder, and put to it as muche glistering Orpiment that is scalye & not earthy, then with the gall of an Hare or a Pyke, braye them togeather, put them in some viall vnder a dong-pill fiue dayes, then take it out and kéep it, for it is the colour of Gold.

¶ A notable receite to make Ipocras.

TAke of Ginger two dragmes, of Synamon i. ℈, of Cloues, Nutmegges & Galanga, of eache a quarter of an vnce, stampe them, and put them in a Bagge or Strainer. Then take a pinte of the best red or white Wine that you can get: or a pinte of good Malmesie, and mixe them all together, then take a pounde of Suger fined, and hauing stamped it, put it into the other Wine, and so poure it vpon the strai-

ner

ner wherein you did put the saide Wine with Spices, then hauing taken it out, you must powre it on againe, so often vntill it becomme as cleare as it was before, stirring it sometime in the strayner or bagge, with this speciall note, that that is but to make a Flaggon ful: therfore as you wil haue it in quantitye, take the more store of the saide thinges: you maye binde a little Muske in a fine Linnen cloath at the ende of a Strayner, so that all the substãce may runne ouer it: so that it shall haue the odour of Muske.

A proper deuice to make lightes of an excellent sauour.

TAke two ounces of white Encence, of Camphire an vnce, beate it in powder, and make thereof little round pellets adding therevnto some white Ware, then put them in a platter full of sweet Water, and fire the pellettes with a Candle, and you shall haue an excellent light and sweet sauour.

To destroy Lyce.

Take

TAke Frankensence beaten to powder, and a quantitye of Boyes Greace, and boyle them togeather in an earthen panne and herewith annoynte the places where the Lice are.

To make red Incke.

TAke two vnces of Brasill, and a pinte of Water, and put the Brasill into it, and let it remaine there fiue or seuen howres, then seeth it vntill the thirde part be diminished, and it is a perfect red.

Whether the Wine be mingled with Water or no.

TAke ripe Mulberies and put them into your Wine, if they swim the Wine is pure, but if they sinke there is water mingled. Also a Peare clean pared causeth the same effect.

To heale lippes that are chapt with winde or colde.

NEw Ware, Mastick, and Frankensence, with oyle of Roses, al this made

in

in an ointment, and therewith annoint the chappes, and they wil heale presently.

For kybed heeles.

TAke Gumme Dragant and galbanum, of each a like, and make thereof a powder, then take Dre Tallowe, and a little Dyle of Violets, and melt them on the fire and therin put the saide powders, and make hereof an oyntement, and herwith dresse your heeles.

For scabbes in Children.

OYle of Roses, the waight of five pence in common salt, and a little fresh Butter stirred altogeather vntill it become an ointment, healeth them.

To destroy Crablice.

AShes laide in Dyle, or take of Aloes, Olibanum, and Ceruse, of eache foure ounces, beating them all into powder, and mingled with Dyle of Roses, or fresh barrowes greace.

An order to make Wormewood water of the best sort as followeth.

TAke five gallons of ale and strong Ale, and take a boyder full of Wormewood cleane picked and washed, the water wel wrong out of it, or shaken, halfe an vnce of large Mace, halfe an vnce of Cinamon, two vnces of Nutmegges, a quarter of a pound of Annisedes, and as much Liquorice, and bruse all those Spices togeather, but not to small, and cut the Wormewood betwixt your handes, and then set all these together in the pot, and stil them as you stil Aqua vitæ togeather, and so you shall haue two quartes of the best, besides the smaller or weaker.

To make a good Posset Curde.

FIrste take the Milke and sæthe it on the fire, and before it sæth put in your Egges according to the quantitye of your Milke, but so that your Egges be tempered with some of your Milke that standeth on the fier, and you must sturre it still vntill it sæthe, and beginneth to rise,

then take it from the fire, and haue your drinke ready in a faire Bason on a chasing-dishe of coales, and put your Milk into the bason as it standeth, and couer it, and let it stande a while, then take it vp, and cast on ginger and sinamon.

A medicine for the mother.

TAke nep royall, and stampe it, then take two spoonefulls of the same juice, and a spoonefull of sallet oyle, and let it seeth away two partes, then vnto that remaineth but the quantitye of the Oyle ouelye, and annoynte the place where the Mother riseth.

To make sirrope of Roses or flowers.

FIrste haue a glasse with faire Water, and make it warme in a Potte of seething Water, and when your water in the glasse is warme, then put to it rose leaues and let it stand till it be colde, then wring out your Roses, & make the foresaid water warme againe as before, and then put

in other Roses, and so do nine dayes: and then put in Ginger, and seethe it until it be stirop.

To take away the Cough or Stitche.

TAke a pinte or a quarte of Malmesie one handefull of Annyseede, one handefull of vnset Hissoppe: one Licorice sticke bruised, bake a dithe of sweete Butter, seeth all these thinges togeather till they be thicke: and after spreade it vpon a toste of wheate bread and lay them within a linnen Cloath as warme as you maye suffer it to your Stomacke. But if you will take this for a Stitche leaue out the Butter.

The Head annointed with the iuice of Lekes, preserueth the haire from falling.

To make Iellye.

FOr a Pottle of Iellye, take of Sinamon a quarter of a pounde, of Ginger two ounces and di. of Graines two Penniworthe, of longe Pepper two Penniworthe

wo;the, Cloues halfe an ounce, of Suger two poundes, di. of Turnesoles two ounces and di. and ten Nutmegges, loke that the Spice be gwd and well made cleane, then take fyre Calues fete, o; an olde Cocke and thre quartes of Claret Wine, and a pinte of Water, and let them boyle so long togeather vntill you may see the sod liquo; clammishe betwen your fingers, then take it from the Fier and strayne it through a strayner, and so let it stande till it be colde, that the filth maye discende to the bottom and when you will finnishe your Jelly, take the belle of the saide liquo; and put into an other Pot with the pro;portion of Spices, and boyle them togeather by the space of halfe an houre, and in the mean time make cleane your Turnesole and dusse it well, then take a Ladle full of the said liquo; and put your Turnesole in it, and when it is a little well soked, then wring out so oft as it shall be nedfull, vntill your Jelly be faire coloured. Then take the whites of eight Egges, and beate them together a gwd while and skimme of the froth, and a litle befo;e you shall thinke it time to dawe your Jellye, put the sayde whites into the

Jellye with three spoonefulles of Vineger, and forthwith drawe your Jellye through a woollen bag, and put in a branche of rosemary in the end of it, and so dish it.

How to dresse Orrenges.

TAKE Orringes and shaue them with a Knife, and quarter them like an Apple and take out all the meate out of them, and laye them in Water, and shifte them twice a daye: then when you thinke they be inough, take them out, then set on faire Water on the fire: then put your Orringes in and parboyle them: then take them out and set their mouthes downewardes in a Flasket that the Water maye runne out, then set on faire water ouer the fier to parboyle them againe: and if they be not well parboyled, boyle them againe till you may pinche them through: then take them out and put them in a faire cloth, and lay them in a Flasket that it may drain out of them: then take a gallon of running Water and put them into it, & at euery foure Orenges you must put in a pound of Sugar, & when you haue done so: set it on the fire, but be-

fore

fore you set it on the fier, take an Egge and breake it & take out the white of it and lay it in water, take your hand and beat it in ỹ water: then set it on the fier and let it burn cleare vnder it: and loke that no smoake arise: and when it doth sæthe skimme of the top of it very cleane, then take it off the fier and with a strainer straine it into another pot, then put in your Dzinges, then make the fier good and temperate, so that it sæthe not to fast, then you must take a spone and skimme of the fome: so that you touche not the Dzinges, and as the sirrop doth sæthe, so with a spone turne them, and alwaies laye the sirrop vpon the Dzinges, when they haue sod half an howre take them out and let your sirrop sæthe a good space, then take some of the sirrop and cole it, and if you se it any thing stiffe, then put the dzinges into it againe.

To preserue Damsons.

TAke a glasse that hath a wide mouth, and strewe some Sugar in the bottome, then laye a rowe of Damsons and a rowe of Sugar, thus do till

your glasse be almoste full, then put to it Rosewater and a fewe Cloues and a little Sinamonne, then stoppe your glasse with paste: then haue a pot with hot water readye on the fire, and put some haye in the bottome of the Potte for sauing the Glasse from breaking, and let not your pot boyle too fast, then take vp the Glasse and licke whether your Suger be consumed, and in the meane space make ready your Sirrup, then when it is colde, put in your Damsons. The Sirrup must be made of suger, and Wine, Rosewater, and whole Sinamon, or half faire water: prouided that the glasse muste boyle till the Suger be consumed.

To make drye Peares.

TAke faire water and Rosewater according to the quantitie of your peares, then take Honye as much as you thinke good and put in your Peares, then let them seethe very softlye that they breake not, then take them out and put them in a Collander and let them drain, then when you drawe your bread put them into

into the Ouen in some earthen panne, and if they be not drye at the first, put them in againe vntil they be dry, then barrel them.

For the shaking of the hand.

WAshe your handes in the water that is in a Lauor, and put therein some Sage, let your handes drye of them selues without wiping.

To stay the bloody Flixe.

TAke and cut out a peece of a peece of Beefe of a neine killed Dre about the Brisket, & eate it raw, and this helpeth it.

To restore the blood againe.

TAke halfe a pinte of Muskadell, and a penisworth of sallet Oyle, and put them together and drinke it in the morninge, and walke an houre after.

For running of the Raines.

TAke pellitorye of the wall a good handfull, wilde Time and Parslie, boyle them

thereinn a quart of strong Ale, vntil it come to a pinte, and drinke therof morning and euening nine oxten dayes halfe a pinte at a time, and warme it.

For the Ague.

TAKE a handfull of Smalledge, and a handfull of baye Salte, and a handfull of white Frankensence, and fyue Plantaine leaues, beate all these finely in a Morter then deuide them into foure partes, and lay two parts to your brests, and the other two partes to the bought of your armes. And howsoeuer your fit comes, you must haue a pinte of Ale sodde to the halfe, and when it riseth skimme it, then put in a white breade crust, and let it seethe with the Ale, and when your Ague beginneth to come drink it and eate the crust of bread.

A drinke for the ague.

TAKE Baye leaues and Sage leaues and seethe them in white Wine, after straine the wine from the leaues, then take baye-berries & braise them, some

somewhat grocelye and put them in the Wine, and a little before your sit commeth drink it.

A medicine for the Woormes in a childes belly or any other.

TAke a pound of May Butter, and clarifie it in the Sunne, then take two poundes of Womwood stamped, and then waigh it after it be stamped, the Womewood must be gathered græne, then mingle them togeather with your hands after they be put togeather, and set them in the Sunne nine dayes in a potte or Glasse, and let it boyle an howre and a half, then strain it, so put it vp in a Gally pot or in a dubble glasse and alwaies at the full of the mœne annoint the belly of the partye against the fire, at no time els, and the medicine made in May.

A medicine for to get the Beetelwigges out of a mans eare.

TAke Hearbgrace, stampe it and straine it with Aqua Composita, and put the iuice into the eare that is pained, after lye

downe

downe on that ſide, and binde a cloth faſt about the head and it will come out.

For a Legge that is ſwolne with a fall.

TAke Hemlockes, and heate them hotte betweene Tyles and laye them to it and it will aſwage the paine.

For a wenne when it beginneth.

TAke an old ladle and hold it againſt the fire vntill it doth frye, and annoynt the Wenne with that that fryeth out of the Ladle three or foure times in a daye, and it will helpe it.

For the Collicke.

TAke a quarte of white Wine and make a Poſſet, then take the Poſſet drink and put therein a handfull of Pother of Tyme and a handfull of yung Parſlye, and ſeeth it in the Poſſet drinke, and take halfe a penyworth of long Peper, and put in the poſſet and giue it to the patient to drink.

For

For the canker in the mouth or throte, or to wash your teeth that be hollow and stinketh.

TAke a quantitye of Red Sage, and iij. croppes of Rosemarye, and Honysuc-cles, and wilde Daysies, and Sinckfoyle boyle them all in a pinte of faire water till it be sodden the halfe pinte, and then take a little Roch Allome and burne it to powder and then take halfe a spoonefull of Ho-ney, then put them into a faire cloth and straine it, and when it is colde put it into little glasses.

For the Gowt.

TAke Camomill, Balme, Hollyhockes, Lettice, Wallowes, Grounsell, Chick-weede, of eache a handfull, boyle them in faire Water till it be tender, then take a quantitye of great Otemeale and beate it small, then put it into those Hearbes that you haue boyled, with two spoonefulles of Capons greace, and then boyle them all to-gether vntill it be so thicke as it maye be spread vpon a Cloth, and as you seethe it,

stirre

ſtirre it that it burne not to, then being ſodde: ſpreade it on a cloth, that it maye be layed to the greeued place as hotte as may be, and it ſhall helpe in twice dreſſing.

IF you haue any payne in the ſoale of your foote, take halfe a dozen of the leaues of ground Iuye, and pricke them and wrappe them to the ſoale of your foote, and ſo continue vntill you finde eaſe.

To preſerue Quinces.

FIrſt pare your Quinces, and core them then take to euery pounde of Quinces a pinte of Roſe water and a pounde of Suger, then take the Roſe water and Sugar, boyle them togeather with ſome of the cores of the Quinces, then clariſie the Liquor with the whites of Egges, and ſet it ouer the fire againe, and when it ſeetheth put in the Quinces, and caſt in a ſticke or two of Sinamon, and if they caſt not colour quickiye, couer them and let it ſeethe vntill you maye put a ruſhe through them then let it ſtande vntill it be colde, and ſo ſet it vp.

Mar-

Marmalade of Quinces.

TAKE your Quinces and coare them, and pare them: then put to them so much Water as shall suffice to boyle them so tender that they may be strayned, when they be sodden, put out as muche of the Liquor as you leaue when that you haue sufficient to straine it, and let it stande vntill the next daye morning, then measure with a pounde dishe how many poundes of substaunce you haue: then take to euery eight pounde of Quinces fiue pounde of Sugar: then put it to the Liquor that you kept before that your Quinces were first sodden in and then set it on the fire and let it sethe a while: and clarifie it with whits of Eggs: then strayne the sayde liquor, and put it to the substaunce of the Quinces aforesayde: and so set it on the fire, and let it boyle vntil it haue a faire colour, that it maye cut at the sides of a dish: then put it into boxes. If you will put in any Muske, take Rose water in a Saucer, and put in your Musk and when you haue taken your Marmelade from the fier: immediatlye put in the same Rosewater and Muske, and stirre it together

ther and bore it.

A Borage Tart or Spinage.

PArboyle your Spinage, then stampe it and straine it with halfe a dossen yolkes of Egges, season it as your Cream Tart.

A medicine for the Plague

WHen you suspecte your selfe to be infected, goe to bed, and cause a pinte of Malmesie to be put in a Potte, and halfe a Penyworthe of Graines beaten small to put in the same Potte, boyle them together, and drinke therof as hotte as you can and sweat.

A Whaye for Itche or breaking out.

CLarifie Whaye with the Leaues of Succorye, Endiue, Borage, of eache an ounce of Fumitorye flowres, of Hoppes an ounce, one Fennell and Succorye Roote bruised, of great Raisons an ounce, let these be clarified with a quantitye of Whaye, drinke

drinke thereof euerye morning a draught Warme fiue or sixe Morninges, then take a handefull of Sene sodden in a Pot closelye stopped from a Pinte to a quarter of a Pinte with a few Annifeedes bruſed, then straine it and drincke it in the morning fasting, and by and by a little Aleburye, and some thinne broth.

Againſt the fellon and Vncomes.

TAKE an ounce of Sage, of Kelwe the waighte of the Sage in Senegreene, washe theſe together and shake out the water, drye them cleane with a cloth, and chop them very small, then take sower Leauen the bignesse of a Tennis ball, blacke Sope a spoonefull, two spoonefulles of Tarte, stampe it in a wooden dishe with a pestell of Wood, laye the same morning and Euening vnto it an inche thicke.

SIrrope of Fumitorye, openeth and taketh awaye all obstructions of the Lyuer and stomacke, and fortifieth all the members, it cureth all the sores about the in warde partes, which come of Salte

and

and burnte water, as Scabbes, Leper, and French pore.

Sirrop of Rosa solis good for sowning or any other diseases in the stomack.

TAke a quarte of the best Aqua Composita, Aqua vitæ a quarte, a quantitye of the Roses of Solis cleane picked: and some what dryed in the Sunne, put all these in a glasse, set it in the Sun foure or fiue dayes: then take di. ℥ of case Ginger, di. ʒ. of Nutmegges, di. ʒ. of Cloues, white Pepper, of Graines, Annisseedes: Coliandersede, Ana. a quarter of an ounce of Sene, a Sticke of Licorice, foure cornes of longe Pepper, di. ʒ. of Sinamonne, then put all these Spices beeing well chosen, finely tried somewhat brused into the pot, then take a quarter of a pounde of Redde Currans, di. a quarter of a pounde of dates, a quarter of a pounde of Raisons of the Sunne, eighte Figges of Algarye, viij graines of Muske, as muche of Ambergrice, white and redde Corrall, Ana. of Pearles ʒ. all these infused togeather in the saide Liquor: and set in the

the Sunne forty dayes, and closely couered that no ayre may come vnto it.

Aqua Rosa Solis.

TAke a pinte of Aqua vitæ, a Gallon of the flowres of Rosa Solis well picked, a pece of Angell Golde, of Rosemary flowers or the hearbe it selfe, and a quantitye of fine Suger, styll them in a Stillatorye and keepe the Water close, and occupye it by a spoonefull at once.

To make fine Cakes.

TAke a quantitye of fine wheate flower, and put it in an Earthen Pot stoppe it close and set it in an Ouen, and bake it as longe as you woulde a Pastye of Venison, and when it is baked it will be ful of clods, then serce your flower through a fine Serser, then take Clouted Creame or swete Butter, but Creame is best: then take Suger, Cloues, Mace, Saffron and yolkes of Egges, so muche as will seeme to season your Flower, then put these thinges into the Creame, temper all together, then put

thereto your flower, so make your Cakes the paste will be very short, therfore make them very little, lay paper vnder them.

To make an excellent Pomander.

TAke of Storax Calamita ʒ.ſs. of Beniemin two ounces, of Labdanum ʒ.ſs. of Cloues, white Saunders, of eache three dragmes, Margerum two dragmes: mingle with these powders Musk and Ambergrice of eache a scruple: make your ball with the infusion of Rosewater and Ciuet in a morter somwhat warme.

A precious oyntment for all manner of Aches.

TAke a pound waight of Sage, as muche of Rew, halfe a pound of Wormewood, and as muche of Croppes of Bayes, and beate them verry small in a Morter: then take two pound and a halfe of shæpes Mallow, and temper it with the Hearbes that be beaten: and beate them againe together newe and then put them in a panne, and set them vpon hotte Embers, and put therto a pottle

pottle of Oyle of Olife, and let it ſtand vp-on the hot Embers two howres and a halfe at the leaſt, then ſtraine it through a courſe cloth, and put it in an earthen Pot, and ſo occupye it. This would be made in May or in June.

For the canker in the mouth.

TAke white Vineger a quantitye, with as much Honye: and then ſet them on the fire to boyle with a little Allom: and waſhe your mouth therwith as oft as ſhall nede.

TAke the iuice of Plantaine, and Vinegar, and Water of Roſes, and waſhe your mouth.

TAke the iuice of Wodbin, and the iuice of Solſeque, that is Marigoldes: and Hony, and powder of Canell, and powder of Copporis, and the powder of wilde Sage, burnt and medled all togeather, and laye it theron where the Canker is, and it ſhall dry it. But to ſlay the Canker take a Red Onyon and lay it theron.

CArduus eaten or drunke in powder prouoketh sweate.

A Mouce rosted and giuen to Children to eate, remedieth pissing a bed.

A precious drinke for the Pestilence, approued.

TAke Fetherfew, Matfelon, Mogwort, Solsequi, Scabions, and Mallowes, washe them and stampe them: and temper them with Ale: and giue the sicke to drinke fiue spoonefulles at once, if he haue it betimes it wil destroy the corruption, and saue the sicke patient.

A singuler medicine to resiste the pestilence.

TAke pouder of Saffron tenne graines, Walnutes twentye graines, Figges ʒ. ij. and fiue Sage Leaues stamped togeather with ʒ i. of Pimpernell water, and ij. Graines of Mithridatum, kéepe this in a close Glasse, and eate thereof in the Morning twelue Graines, and this will defend the receiuer from the Pestilence.

The

The greate Garden Docke drunke in Wine, purgeth Flegme, Cholour, and water downwardes.

The vertue of Motherwoorte.

It groweth by the high wayes and Stony Walles, bushing with many stalkes leaued like a Nettle, but more ragged: and towards the bottome like Crow foote. It is of wonderfull force against any sickenes of the hart: whereof the chefe name is derined, it helpeth Crampes and Palsies, it killeth Wormes in the body, it clenseth the breste from Flegme, it doth open colde obstructions, it prouoketh Urine. Moueth Womens flowres the iuice drunke, or the hearbe in decoction, and a spoonefull of the powder of this hearbe giuen in Wine, helpeth the hard labours of Women.

An excellent medicine againste Impostumes Pluriſie, Coughes, and all diſeaſes in the Breſt.

TAKE a handfull of Scabions the herbe dryed, of Liquorice cut small an ounce,

twelue Figges, Fenell sæde an ounce, Anisæde as muche, Crius halfe an ounce lay these in water or white Wine a night, the next daye boyle them til it be consumed to ỳ third part, then swæten it with suger.

A medicine for the Collick.

TAke Otes and bren them in a pan, as yæ do parched Peason, and as hot as yæ may suffer it, lay them to the Nauel in a Linnen cloth.

For the same.

TAke a faire flatte stone, and make it red in the fire, and then take it out, and let it cole till the redneste be passed, and then take a halfpenieworth of Saffron, and lay it vpon the stone, and turne it thither and hether, vntill it be turned almoste to powder and take a spunefull of Malmesie, and put the Saffron therevnto and so drinke, it wil sone passe away.

A present remedy against the plague.

Take

TAke a great redde Onyon, and make a hole in the middest, and put a spoonful of Triacle, rosse him in the fire: take a spoonefull of Vineger, a spoonefull of Aqua composita: bruse them all togeather, strayne them through a cloth and giue it to drinke.

For the cough.

TAke three Figges and rosse them, and put them in a Cup of Beere, and a little Liquorice and Annisedes beaten, then let it stande by the fire till it be warme, then take out the Figges and eate them, then drinke vp the drinke and goe to bed warme and in iij. nightes it breaketh the Cough.

To delay heate.

TAke of Vineger one parte, fine Suger two partes, running water foure parts boyle them all togeather to the one halfe or more: and when you shall occupie it, take a spoonefull and a halfe of the said sirrop, and eight or nine spoonefulles of Barlye water drinke it.

To breake Flegme.

TAke a quarte of Muskadel, a pint of Hi-
ſoppe water, three good Raſes of caſed
Ginger, and as muche of Liquorice cleane
pared, then take two peniworth of Suger
candie bruſed, put all theſe in a glaſſe, ſhake
them together: couer your glaſſe foure and
twentye howres, drinke thereof Morning
and Euening.

A preparatiue before you purge the Stomacke.

TAKE Sene three ounces, of Polipodye
three ounces, of Anniſeedes three ounces,
ſeethe all theſe in a quart of water to a
pinte: and ſtrain them through a faire cloth
put in Suger to make them pleſant.

To purge the ſtomacke.

TAke a handfull of Mercurye, as muche
of yong Mallowes, an ounce of Sene,
three ſpoonefulles of Anniſeedes, put them
in a pinte of white Wine, and as much Ale
all night, the nert daye ſeeth them together
till halfe be conſumed, then drincke a good
draughte thereof in the Morning, ſleepe v-

pon

pon it.

An excellent purger from all partes of the body.

TAKE an ounce or two of perfecte Turpentine of the chefell, bruse it and dissolue it in a Morter with a Pestell, with halfe the yolke of an Egge, put thereto three ounces of smalledge water, beat them together till it be like milke, and sup it vp but firste wash your Turpentine in Fenell water.

To make the haire of the beard to growe.

TAKE Cane Rootes, Brionye Rootes, Beetes, Radishe, Flower de Luce, Onions, of eche a like the quantity of fowre ounces, fire fat Figges bruled and stamped very small, Maidenhayre, Sothernwood, Dill of eache a handfull, sethe all these in good Wine: then wring out the liquor and straine it through a Strainer, then put to it freshe Butter neuer salted, pure honey two vnces, Oyle of Almondes swéete and sower, Oyle of Selania an ounce, Ormell squil-

squillicke halfe an ounce, the powder of Weale, Nigella, Fenegréeke well sifted and throughlye boulted in a Boulter, one handfull of Graffe, Labdanum an vnce: set these vpon the fire and stirre them wel till it be thicke. This Linament being applied to the Chinne and Chéekes, will become heare: The body first purged from all filth inwardly proued by experience.

OYle of Mirrhe healeth all kibes, Burninges, Pimples, Cliftes, about the Fundament.

OYle of Tartar mingled with Camphire, the face béeing therewith anointed, it maketh it faire and smoothe.

For a cut or sore bruse.

TAke Rootes of Louage, Alehofe, Parselye, Anaz.ſ. beate them in a Morter very fine, then take Barrowes greace and boyle them together, then straine forth the Iuice: then take as muche vnwrought Ware as a Wallnut, halfe almuch Rosin and let them boyle together: and after you haue thus done let it passe through a strai-

ner

ner into a little panne of water, then let it stande vntill it be colde, then labour it in your handes vntill it be somewhat shorte, and then wrappe it in a peece of Leather, and so vse it.

For a weake Backe.

TAke fiue Croppes of redde Neppe, two spoonefulles of Archangell flowers, and shread them fine, and take two new layed Egges and stirre it together, make three or foure Fritters with a mossell of sweet Butter, frye them in a little earthen pan and let them be eaten without bread or salt but with fine Suger.

The plaister for the back.

TAke white Archangell flowers and leaues, Thumphrye leaues and rootes i.z. Plantaine and Bursa pastoris, Ana. i.z. beaten very fine, and put to them a spoonefull of Honye, and frye them in a frying panne, and deuide it into foure partes, and make of euery parte a plaister, and so lay it to the Patients back euery night a plaister.

Maister

Maister Roses medicine against the stone, and to cause one to make water.

TAke a new laid egge and in the great ende thereof make a hole and take out the yolke and white of it: and lay the hole of the same Egge downewardes vpon a hot Brickstone vntill it be purged, so that you may make pouder thereof, then take it and drinke it with white wine first in the morning and last in the euening and it helpes.

For the heate in the Raines, and to auoide the blistring of the mouth.

TAKE Liuerwort, Horrell, Succory, Balme, Ana ℥. and seethe these in a Quarte of Whaye well clarified halfe an houre, and drinke therof euery morning a good draught of halfe a pinte at once.

For one that is deafe.

TAke sweete Ballet Oyle halfe a pound, adde to it Wormewood, Horrell, Anniseedes, Perwincle, Ana di. ℥. and drye all this

this to powder. Take powder of olde Roses, an vnce of Colloquintida beeing boyled in Oyle a good while, then straine it through a cloth a good while, and put heerof three droppes into the eares of the partie that is greeued beeing warme, and vse this euery day twice: this hath been proued

Against the Pyles

TAke a great siluer Eele, flea him, draw him, and let him touche no water nor salte, cut him in gobbittes and roste him: the first dropping beeing cast out: take the next dropping, and with a fine Linnen cloth beeing dipped in it, the dropping of the Eele being beate, and so with the cloath soke it vpon the places greeued: this will helpe be they neuer so sore.

For the passion of the harte.

TAke redde Rose leaues, the powder of Saffron, the Oyle of Mace, and melte them togeather, quilte the same in a litle thinne Silke, and draw it ouer with a little thinne Tiuet, and apply it to the region

of

of the hart.

For the Itche.

TAKE twelue of the yelloweſt Docke roots, ſcrape them as you wil ſcrape parſ nippes, cut them ſmall and ſtamp them very fine, ſet them ouer a Chaffing diſh of coales, and put therein halfe a diſh of ſweet Butter, and let them boyle togeather till your Rootes be readye to ſtrain, and when they be throughly boyled ſtraine them, and when you haue ſo done, put therto a ſpoonfull of Brimſtone beaten to powder, then ſtirre them both togeather, and ſet them in a colde place and it wil be a ſalue, and ſo let the patient annoint his body before the fire and let it ſoake into the ſkinne, vſe it morning and euening.

For a Fellon.

TAke Leuen very ſower, and crumme it into a little Pipkin, then take a quarter of a penny diſhe of Butter and foure ſpoonfulles of Roſe Wineger leaues and all, and ſo boyle all togeather, and laye it to the place as hot as may be this is proued.

To

To destroy an Impostume.

TAke the Rootes of Hollihocke and wash it very pure, sethe it till it be tender: then put that water that you sod it in into a clean vessell then take Linsede, Fenegreke of ethe the like quantitie: and loke that you haue as muche of them both as of the roote, then seth it in the same water vntill it doth rope as birdlime then stampe the Rootes, and put therto barly Meale: then mingle all together and fry them with Boyes Greace and laye it to the sore plaister wise.

For the Rewme and Cough of the Lunges.

TAke yong Elicampane rootes a pounde, of Setrarch, of Maiden haire Ana i.z.al being newe gathered: scrape the Elecampane rootes and cut it into small slices: seeth them altogeather into fiue pintes of running water till they come to a pinte and a halfe: then straine them and put therto fine Suger thre quarters of a pounde, then boyle it till it come vnto thre quarters of

a pinte, then take two yolkes of new laied Egges and beate them: and let them boile together while you may say ỳ Psalm Miserere, and take hereof at night a spoonefull. and an other in the morning, lying on their backes an howre after they haue receiued it: in foure dayes keeping them warme, it will ridd the greatest Cough that is.

For a Canker or disease of the Gummes or Throate.

TAke a handfull of Plantaine, a handfull of Honey-suckles, an ounce of Dasie leaues, halfe a handfull of Sage, a quart of running Water, these thinges being boyled therein vntill it come to a pinte then straine them and put therein fiue spoonefulles of sharpe Wineger, fiue spoonefulls of stone Honye, as muche Roch allom as a Walnutte: this is prooued to heale a Canker.

A Gargell for a furred mouth.

TAke Barly water, Strawberye leaues, and Sinkfoyle, Ana di. ʒ. a sticke of Liquorice

quorice, di. pinte of white Vineger, let it runne through a two fold linnen cloth; it is good for a furred mouth or throate.

To heale the Canker vpon the Yarde.

TAke an vnce of Roche Allom, and half an vnce of Litrargres, with Smithes water: and put all in some vessell of glasse and sethe it two houres: straine it and vse it as you thinke good.

DIllute Aelphatge, helpeth the stinkinge of the mouth, being taken euery day nipped betwixt your teeth.

For a Stitche or winde Collicke.

TAke Capillus veneris, Parsly rootes, Fennell rootes, of eache a quarter of an vnce, bruse these hearbes and drinke that iuice with white Wine.

Haire to grow.

ACornes burnte and mixt with Beares greace.

Against Spottes and Pimples in the Face.

NIgella brayed and mixed with Flowre and Honey, and make thereof an ointment, and annoynt here-with the spots at night, and in the morning wash them with Parslie water.

For a hot burning in the stomacke growen of Choller, which causeth the Feuer.

TAKE Borrage, Mallowes, Fumitorye Violet leaues, Bætes, greate Raisins the Stones taken out: Prunes, Polipody with a little Dill: seethe these in pottage and eate hærof.

For a saustem face.

TAKE the iuice of houslike, and the iuice of Tansye, and sæthe them in a pinte of white Wine to halfe a pinte, and when it is colde, laye it to the face with a Flaxen cloth dipped in the same, and so let it lye al night, and when it is drye, then you may wet it so often as you list.

For an Ache.

Take

TAke Dyle de Baye, and Aqua vitæ, a ſpoonefull and mixe them together, and anoynt it.

For heate in the face.

TAke a pounde of Almondes, a pinte of warme Water, ſtraine them, then put thereto halfe an ounce of white Campher, a pinte of white Wine, beat them together, and ſtraine it with a pinte of Margerame water, and put it in a glaſſe, and waſh therwith.

For the ſame.

TAke Wineger halfe a pinte, Weares ſuet as muche as you can holde in your hand Brimſtone ſo muche as will goe into an Egge beeing finely bruſed, ſeethe them altogeather till they be almoſte drye, beeing made in a ball, take a litle thereof, and put it into a Saucer and melte it with a fewe Coales, then take a fine cloth and dip therin, and rub ſoftlye the place where the corruption is, vntill it be taken away.

If this helpe not within a moneth, then drinke euerye morning a Cuppe of Beere,

put into it fine English Madder finely pic-
ked, brused, and fearsed and drink it.

For the same.

TAke Capons Greace melt it and strain it through a cloth, and let it stande to cole a a quarter of an howre, then put in Brimstone finelye brused, and mingle it with the Capons greace, and annoint the face therewith when you goe to bed where the pimples be or rednes, and in the Morning wash it with Rosewater luke warme Remember you pick not your Nose, if you will haue it stronger: put in Ginger finely beaten, a peniworth of eche will serue, but of Capons greace ij.d.

To vomit vp Cholor.

TAke fire Docke Rootes cleane washed and the pithe taken out, a fewe toppes of Redde Mintes and a little Wormwood beeing steeped in a quarte of Ale, or white Wine all night, and drinke thereof half a pinte at one draffte: It is good to cleanse the bodye in all partes, as before is said, perhappes with a stole or two, this is appro-

ued

ued, beeing taken betweene Marche and June.

For a Fellon.

TAke twelue Snailes in the garden, and beate them shelles and all vntil that it come to a salue and applye it, and when it wareth drye, take freshe till, and it will kill heale, and drawe.

To stop the whites in women.

POmegrand Flowres, the kirnelles of Pine apples bruised together, with two or three braunches of S. Johns worte, being boyled in a quarte of red Wine from a quarte to a pint and a half: and drink morning and euening.

For the stuffing of the Lightes and Lunges.

TAKE Arthemesia, Epithimum, redde Sage, Rosemarye toppes, redde Fennell of eache a handfull, a Galingale rote halfe ℥. of greene Ginger, halfe ℥. of Manus Christi, a sticke of Liquorice, seethe it from a quarte to a pinte.

For the heate in the back approued.
D. Huicke.

TAKE the water of Plantaine distilled or the iuice therof put to the leaues, the leaues of red Roses distilled, and the Water of red roses, and the water of red Rose Vineger, then put all these togeather in an earthen pot, & put it into the water as Linnen cloath: and the same kéepe there, then after a while take it out, and with a fewe leaues of red Rose cake, lay it to the backe and when it wareth hot vse an other cloath dipped therin.

To drye vp the Rewme.

TAke Nutmegs, Cloues and Mace, beaten to powder with the powder of Rosemary: boyle these togeather in swéete Sallet Oyle vntill it be somwhat thick: spread it vpon a cloth and laye it to the crowne of the head: this is approued to help it.

To keepe the eyes cleere, coole, and from rednes and to kill the Itche.

TAke of Plantine two handfull, Houſleek one handfull, ſtampe them and ſtraine them and let it ſettle, then powre out the cleare iuice from the droſſe, put thereto halfe as muche red Roſewater, and a quarter of a Spoonefull of white Suger Candy in powder, then take Lapis Caluminaris a peece as bigge as your thumb, and ſlake it 12 times in the ſame water, and hereof put 4 droppes morning and euening lying vpon your backe. Approued.

Againſt the Collick and Stone in maner of a plaiſter.

TAkE Parſlye and Smalage, Ana. two ſpooneful of Capons Greace, put this in an earthen veſſell, putting the one ſpoonful in the bottome, and the other in the top vpon the hearbes, ſet theſe on the Embers to boyle from Morne to night, then ſtampe them and ſtraine them: and ſpread the oinment vpon a linnen cloth, and lay it hot to the Nauell and bottome of the belly.

A Cliſter to be giuen to a Childe or woman in childe bed.

TAke a pinte of newe Milke, three vnces of redde Suger candied, boyle your Milke well, then take it of: and let it stand till it be no warmer then you can abide it on your cheeke, and with a Cliſter pipe put it vp.

A Cliſter.

TAke a Hen pullet, drawe it very clean and breake all the bones thereof, then ſethe it with a quarte of licour, vntill that it come to a pinte, then take a handfull of Spinage, one handefull of Marthe Mallowes or other Mallowes, and a handful of Violet leaues, ſethe theſe hearbes in the licour of the pullet very well, with as muche ſalte as wil ſeaſon an Egge, then put therto a Saucer full of pure Sallet Oyle, and warme it.

To breake the Stone.

TAke a Cocke of a yeere olde, and open him, and you ſhall finde in his Mawe ſmall white ſtones, take them and beate them in a braſon Morter very fine, and put it in good white Wine, and drinke it: and it wil breake the ſtone.

Againſt

Against toothache.

TAke a little burnt roche Allome, and in the burning put a little fine Linte into it, and put it into your teeth that is hollow this will ease the paine.

A medicine to strengthen the backe.

TAke a quarte of good Ale, three or foure whole Maces and as many Dates, the stones taken out, and pith also: then take the toppes of Rosemarye a good handfull and boyle all togeather from a quarte to a pint, then take the oyle of two or three new layde Egges, and take off the rinde about the yolkes then put the yolke into the Ale, and boyle them togeather, and stirre them wel, and so drink it morning and enening.

For the heate in the backe.

TAke Vng. frigidum Galeni ʒ. iij. you must take the oyntment and spread it vpon a fine Linnen cloath, being first dipped in red Rose water, then warme it against the

fire

fire and so lay it vpon the kidneis, & when it wareth hot take it off, and lay to an other

For the Collick and Stone.

TAKE the Cuttinges of a Wine and drye them throughlye, when you will make your Medicine: burne them, then take the Ashes that doth come thereof: and put it into a pinte of Renishe wine or white Wine and let it stande in it all night, and in the morning drink therof: thus vsing the quantity of the vine to the quantity of the wine Probatum est.

To staunche blood.

TAke the beste Wineger that you can get, Plantine Water, of eache two poundes: and therein wette diuers linnen clothes, and laye them to the soles of the fete, the palme of the hand, and againste the Liuer: and the blod shal forthwith stanche.

To take away spottes from the handes or sunburninges.

Take

TAKE the iuice of a Lemon with a little Baye Salte, washe your handes with it and let it drye, then wash them with cundit water, and you shall finde all spots gone: it is good against scurffe or such like.

Against stuffing of the Lunges.

TAKE and make a Posset of Sacke and Ale, with Annisedes and Licorice beaten to powder, and let it sethe with the drinke, put in it a good peece of Suger, and Dredge, if you haue any, and drinke thereof euery morning, it helpeth.

A water to wash the yard, for one that had the running lately of the Reines.

TAKE Daisies, Plantine leaues, and woodbinde, of eache three handfulles, of the best English honye, and a peece of Roche Allom as bigge as a Walnut, boyle al these in a quart of faire water with a prittye quantitye of redde Rose-Water in an Earthen Potte close couered, so long as you will sethe an Egge vntill it be hard, then straine it: and with this

water

water with your sering, squirte it into the yard, the water being luke warme: so that the pipe thereof be put an inch or more, and spout it strongly that the water may come behinde the sore place, and so vse it euerye day three times for a monethes space.

For Sinewes that be shrunke, in maner of an ointment.

TAke twelue yong swallowes out of the nest: take also vnset Tyme, the leaues and stringes of Strawberies, and Lauender Cotten of eache a handfull, and stampe them togeather, and the Swallowes, with their feathers Guttes and all: then stamp them in a morter, and so boyle it in Maye Butter, and then let it be put into an earthen Pot, stopped close the space of nine dayes, then seeth it againe with some more May butter, and straine it: and when need is chafe it against the fire.

For sore eyes that smart or Itche.

TAke Lapis Calaminaris, and make it hotte in the Fire, quench it in a pint of white

white wine three or foure times: then take the stone and stampe it to fine powder, and straine the wine with the powder, and put it in a glasse, and when you haue neede vse it. Remember to shake the glasse till it be thicke, and with a feather drop two or three droppes in your eies the party lying on his back.

Against the Sciatica.

TAKE foure or fiue great Onyons and rost them very soft, then pil and stamp them in a Morter, and put thereto halfe a pinte of Aqua vitæ, three spoonfuls of Neats feete Oyle, and boyle them together till it ware verye thicke, then strain them, and therewith annoynte the greefe, chafing it in before the fire a quarter of an howre euening & morning, then lay a wilde Cats skin thereto: the hairye side next your flesh, and within xv. dayes you shall haue ease.

¶ An oyntment for Aches, bruses, Lamenes, Stitches, Gowtes hardnes of the Splene, Ague, Cankers, and for paine in the eares.

Take

TAke of Sage and Rewe of eache a pounde, of Wormewood of Baye leaues, of eache halfe a pounde, of Sheepes Sewet cleane picked from the Skinne three pounde, of swéete Dyle Oliue a pottle, chop the hearbes very small and then stampe them as small as maye be, the shred the sewet very fine and put them all togeather: and then stampe them altogether vntill the sewet be not seene: then take it forth and put it into a faire Panne and put the Dyle into the Panne and couer it close, and so let it stande for the space of ten dayes: then take it forthe and breake it into a hyalle panne, and set it on a soft fier, and alwaies stirre it vntill the hearbes be crackinge, then take it off and straine it through a wide Canuas Cloth into a faire Earthen pot and so kéep it. For those vehement aches when you shall lay of this ointment vpon it, you must take the Woll that groweth betwéene the Sheépes Legges or the longest of the woll and carde it in brode flakes and baste it vpon a linnen cloth and kéep that alwaies to it.

To cause one to pisse.

Take

TAke horsedunge of the Stable, newe Waye Butter and Aqua vitæ, of eche like portions, fry them together and make therof a plaister and apply it to the patient from the Nauell to the Fundament as hot as you maye suffer it, and feare not though it cause to make blood issue, for such is the workinge of the medicine: it causeth the stone to auoide: approued.

A soueraine medicine for an ache in the shoulder.

TAke Figges and Raisons of the Sunne of eache a like quantitye, and halfe almuche Musterde seede, and beat them very small; grinde them with the beste Vineger in a paire of Mustard Quernes, that done spread it vpon a Lambes skin and laye it to the ache.

To staunche blood at the nose.

TAKE an Egge and breake it and put out the meat: and then receiue so muche blood as will fill the shell of the partye bleeding: that don set the same in the fire vntill

till it be hard, then burne the same to ashes and it will stanche the bleeding.

Idem.

TAke an Inkell and binde the person so bleeding about the temples of the head, and knit the knot thereof in the neck, and it stauncheth.

For an Ague.

TAKE thrée pintes of Ale, an ounce of redde Sage, the like quantitye of Baye leaues, thrée ounces of fine Suger, with a spoonfull of Pepper, séeth all these together in the Ale vntill it be sodden to a pint: then straine it through a faire cloth, and drinke this before the fit commeth.

To binde to the handes being parcell of the same Medicine.

TAke as muche gréene glasse as will fill a spoone béeing beaten to powder, take thrée spoonefulles of stone Honye, with a handfull of Red Sage: mingle these with a head of Garlick, putting thereto as many Cobwebbes as will temper the same, béeing

being an Egge well full, then take them all together and vse this a quarter of an houre before the fitte: this must be vsed round about the wrestes.

For one that consumeth, to be eaten in the morning.

TAKE a new laid Egge let it be rere roasted, and put thereto a Cake of Manus Christi, and let it dissolue in it: and eat the same euening and morning.

For a cold stomacke.

TAKE a new laide Egge being rere roasted, and put thereto a prettie quantitye of groce Pepper: let him eate it nexte his hart to dissolue cold humors.

For the swelling of the hart, and breaking of Flegme.

TAKE a quarter of a pinte of Damaske Rosewater, three spoonefulles of white Wine, with a fewe soppes of white Bread a prettye quantitye of Butter and Suger, this being boyled vpon a Chasingdishe of

coales, let the partye eate thereof thꝛée oꝛ foure ſpoonfulles after meat.

TAke a ſmall quantity of Malmeſie, butter and Vineger, of Roſes, boyle them in a Chafindiſh, and put thereto a roſe cake to heate in it vntill it be thꝛough ſoked, and laye it to the ſtomacke, and let the party be rolled.

Againſt an Ague, the Plague, and good to comfort nature.

TAke a pinte of Malmeſie, and a handful of Maye Weede bꝛuſed, and the iuice thereof put into Malmeſie, and let the party dꝛinke therof.

For the winde Collicke.

TAKE of Sacke and Aqua vitæ, of eache a quarter of an ounce, put therto a péce of Suger and let the party dꝛink therof.

To ſkoure the inward partes, and for the riſing of the Lunges.

TAke a pinte of Sacke and burne it, foꝛ to delaye the heate thereof, put therin a peni-

peniwoꝛthe of Treacle, a little Ginger, a Nutmeg grated, Sinamon a good quantity with Suger, and after it is boyled put thereto a peniwoꝛthe of Sallet Oyle, and dꝛink therof moꝛning and euening: it will cleanse the body.

For an Ague.

TAKE a pꝛittie quantitye of Daffadondillies the blades, and bꝛuse them and sæthe them in a pinte of Ale oꝛ wine, with a spoonefull of Graines bꝛused: let the partie dꝛink therof beforꝛe his fit come.

For one that is deafe.

TAke a red Onyon and cut out the Coꝛe bæing in the middest thereof, putting therein the Oyle of rosted Almondes, the Onyon bæing something warme: the nexꝛt moꝛninge when it is colde, let the party græued cause one to dꝛop thꝛæ dꝛoppes thereof in the eare of the party in the moꝛning oꝛ euening, stopping his eare with blacke woll that groweth vnder the shæps eare: and let him lye on the same side.

Idem.

TAke grounde Iuie the iuice thereof and white Copperis beeing burnte, and lay the same in the iuice of the Iuie till it be dissolued, and so vse three drops morning and euening.

For the bloody Flixe.

TAKE Iurden Almondes and blaunche them, and let them boyle in Englishe Honye till they be blacke, and so eate them with a little of the best English honye.

AMber Beades beaten to powder and put into a Chasingdishe of Coles, the partye greeued must sitte ouer them, as he would ease him selfe.

An excellent medicine for the greene Sicknes.

TAKE a gallon of Morning Milke after it be setled Creame and all, take also a breaste of the yungest Weale, and the fattest you can gette, and washe it faire, and drye it with a Cloath,

so

so that no water remaine in it, bruse the same Bones and all, and put it into the Milke, take twelue Dates or more, and cut them in the mids, and take also a quarter of an ounce of whole Mace, and halfe a pounde of Currans, two handfulles of mintes, a handfull of wilde Time, and put all these into the Milke with the Veale, and let the liquor seeth vntil halfe be consumed in seething, and when it is well sodden, it will be as a Jelly: when it is colde the pacient maye either drinke it beeing warme, as a broth, and maye be eaten as Jellye beeing colde. If the pacientes stomacke will beare it make a tosse of wheaten bread, and soake it in Malmesie, and strew vpon it the powder of Mintes, the party must vse this fiue or six weekes, or as long as you think good, beeing towardes Springe time, with some exercise.

To prouoke Vrine speedily.

TAke Wood Betonye bothe Rootes and Leaues, washe them, and put them to drye in a Sinne in an Ouen where brown bread hath been newly

drawne, vse halfe a spoonefull of this powder in white Wine Posset drink, potage or in your drinke.

For heate in the Liuer.

TAKE a quarte of Strawberies, wylde Tansie, three pintes of newe Milke; still all these togeather, and drinke it in the morning next your hart, and wash your face therewith.

To preserue nature to eate a morninges.

THE yolke of an Egge with Manus Christi.

To make a Clister.

TAke a fatte Shæpes head, or a Capon, a handfull of Bætes, a handfull of Mallowes, a handfull of Violets, and if the patient be hot, take three spoonefull of Oyle of Roses, if cold: take the like quantity of oile of Violets, boyle all these togeather vntill it come to a pinte, then strain it, and let the patient drinke.

For

For one that is weake, and to comfort the stomack.

TAKE a pinte of sacke, and burn it with a top or two of Unset Hisope and Rosemary, take three Dates beaten in a morter to pap, and let it burne with the wine, also with a newe layde Egge beaten, a spoonful of Damaske Rosewater, and a spoonfull of Sallet Oyle, drink this morning first, and night last.

Idem.

MAlmesie burnt with a halfepeniworth of Saffron, beeing dryed to powder, with Sallet Oyle and Triacle, of eache a halfepeniworth, use it morning & euening.

Idem.

NEttle seedes dryed and beaten to powder, and drunk with Malmsie euery morning.

To restore nature, and helpeth a weake back.

TAke a quarte of Sacke, a toppe of Rose marye, Winter Sauotye, Peniriall, of eache a like, Ginger and Nutmegges, as will burne the Wine. Then take a newe layde Egge or two yolkes and all, and beat it with three spoonefulls of red Rosewater, and put therto a peece of Suger, then take the burnte Sacke, and burne it with the Egge a good while, and put in it a Mace, and it will be in maner of a Cawdle, vse to drincke of this warme three times a daye, morning, after dinner, and when you go to bed: put therin some Sallet Oyle.

To stay running of the raines.

TAke a pinte of Wilke, and a good quantitye of Otemeale, being well brused, and sethe it with the Wilke, and put therein a good peece of Suger, and eate the Wilke therof being strained.

A precious ointment or Oyle.

For Swelling or aking in Feete, Legges or in Knees, taken with colde, excellent to heale a Wound, farre better then any Balme, for olde bruses and shrinking of Sinewes, merueilous good:

good: an Oyle for all maner of sores passing all other. Thus it is noted in an olde Regester book.

TAke a Gallon or a Pottell of Water Oyle of the belle: then take Sage, Lauender, Southernewood, Wormewoode, and a quantitye of Camomell, after the quantitye of the Oyle, and cut the hearbes small, then put them in that oyle in a faire bason of Latin or other mettall, and sturre it well togeather: and put in so many hearbs that it maye be thicke standing, and so let them stande and rotte a moneth full: then make a faire fier of Coles, and putting to a quantitye of the same Oyle, set it on the fier in the same Bason, and let it boyle three howers or more. Then take it from the fier and let it stye, and when it is almost warme or somewhat colder, then take a dagge of greate Canuas, and with a faire straine out all the matter as cleane as you maye and then put it in a Glasse or other faire thinge and keepe it well closed, and it will continue in his vertue twenty yeares after.

Probatum est.

For sluced Mutton.

Put

PVT your Mutton into a Pot with faire water, and let it ſæthe and ſcum it faire then put in Salte, make not to much broth then take Hillop, Time and Parſelye, and chop them ſmall and put them into the pot with a little Pepper: and ſerue it out with ſoppes, and if it be in Winter put in ſome Carret rootes.

To dreſſe a Hare or Cunny in broth with a pudding in their bellyes.

YOur Hare or Cunnye beeing fleaed and the Eares left on, let it be waſhed in two Waters, hauing before prepared in a redineſſe Grated Bread, Currans, ſweet Mutton ſewet or Beefe ſewet finely minſed with pleaſant and wholſome hearbes, as Winter Sauerye and Penirial, with ſweete Margerame, theſe alſo beeye finely chopped, and ſeaſoned with pepper and Salte: Cloues and Mace, the yolkes of three Eages, with ſweete Creame, and Suger with two or three Dates, all theſe mingled together, put into the bellie of the Hare or Cunnye, and ſo ſowe it vp Then take Mutton broth of the beſte and fatteſt, put it in ſuche a Kettle where your

Hare

Hare maye lye compasse, or Cunnys long wayes, after it hath boyled a litle put it in, and put thereto Grapes or Gwseberries, swæte Butter, Salt, Uerjuice, Corrans, grated Bread and Suger, and when it is boyled serue it forth with soppes.

Mutton.

PUT your Mutton in a Pot with faire Water and let it be well scummed, then take some Tostes of Bread and toste them browne, and then call them into colde water, but take them vp againe quickly: and let them lye and dye a while, then straine them with Wine and Uineger, and so put it into the pot and let it boyle. Put in some Pepper, whole Cloues, and Sinamon, and let all this be well stewed, but forget not Salte. Serue it out vpon soppes: and boyle some Onions in it cut into peeces. And likewise this will serue for Uenison, Mallardes and Teles.

To boyle chickins with Endiue and Succorye or Lettice, or any other colde hearbes.

Prepare

PRepare a Loyne or a racke of good Mutton with a marow bone or two, and being chopped, put it in a Pipkin with faire Water ouer the fier, and let them sæthe a pretty while together, then take half of it out of the Pipkin, and strayne it with a strayner, then put in your Chickins, afterwardes hauing prepared your colde hearbs cleane washed put them in: Also hauing sæped your white breade ready to strayne thorough a Strayner, let your Brothe be therewith thickned: So take Pepper, salte Vergis and Suger, and season your broth: then vpon Soppes serue it forth with the marrowe vpon it.

For Small Lampernes.

LET your Lampernes be cutte in small peeces: then take a frying Panne with Butter and Onnions minced, and so frye them together. And when they be well fryed put them in a Potte, then take two tostes of browne bread and tosse them well then straine them with a quantitye of Vineger, Wine and Water: and put therto a little Pepper, and Cloues and Maces, and boyle

boyle all this togeather with your Lampernes vpon the coles: and so serue thē out with soppes.

To potche Egges in broth.

TAke Vergis and faire water, and a dish of newe Yelk: and put therein Cloues, Mace, Currans, Suger, sweete Butter, a handfull of Spinage: and let them boyle a good while: then hauing potched your egges in faire Water that is seething: then laye your Egges in broth and serue them forth with hearbs laied ouer them.

To bake Breme, Trout, Mullets, Pike or any fishe.

LEt them be well seasoned with Cloues and Mace, Salt and pepper, and so bake them with small Currans Vergis and butter, great raisons and prunes.

For soppes on the fish dayes.

TAKE some Onions and frye them with Butter a while: then take Water Pepper and Salte, and put altogeather into a

Pot

pot with the Butter and Onions, and let them simper vpon the fier. And so serue them out vpon soppes, and cast a fewe smal Raisins vpon the soppes, and put the broth vpon them.

For Spinage.

TAke Spinage and washe it well, then laye it vpon a borde and giue it fiue or sixe choppes with a knife, then put it into a frying panne with a little faire water and sethe it well, then take Butter, Vergis and Salte, and put it to the Spinage, and so boyle it together in a pot or between two Platters: and so serue them out with Soppes.

Sodde Egges.

SEethe your Egges almoste harde, then pæle them and cut them in quarters, then take a little Butter in a frying panne and melte it a litle brown, then put to it in to the Panne a little Vineger, Mustard Pepper and Salte, and then put it into a platter vpon your Eggs.

Fo

For Oxe tunges boyled.

When your Oxe Tunges be boyled take them and peele them, then cut them ouerthwart in small peces, then frye them with Butter, and put them in a Potte with Tostes strayned with Wine vineger and Water, and let them boile: put thereto Salte, Onions quartered, Pepper Sinamon, and whole Cloues, and so serue them with Soppes.

Spinage.

TAKE Spinage and parboyle it well, then wringe the liquor cleane from it then choppe it very small, and put it into a Platter and breake some Egges into it: then take a handfull of grated bread and put into it and suger with a little salte, and beate all this together but let it not be to thicke nor to thinne, but better thicke then thinne: then take a frying panne with some Butter, and when the Butter is a little more then melted, take a spone and laye your spinage in the frying panne euery sponefull by him selfe, and so fry it as you woulde frye Fritters, and put it in a

dishe

dish and cast sugar on it.

for Egges.

TAke some Egges and beate them well with a little faire water and saite: then take a frying Panne and melt your butter and then put in your Egges: then take a knife and lift vp the Egges, that the rawe may goe all to the bottome of the Panne, then turne it vp with your knife on euery side that it may be square, then laye a dishe vpon the panne, and turn the panne vpside downe vpon the dishe and so serue in your Egges with Uergis or Uineger, as you will.

A drench to plume vp a horse, and to expell colde, to cleare him of the Glaunders and to open the pipes.

TAke grounde Willis, alias Groundsell, Enulacampane of eache a handefull, stampe them and straine them in Ale, sethe them all together: then take of Fenicreke, of Turmericke, Aniseedes, of Cumminseedes, of Garlike, of long Pepper, of Licorice: of Graines, and if he haue

the

the Bottes or woꝛmes giue him Sauine. Giue him this dꝛinke luke warme a quart at a time, then ride him till he be hot, then bꝛing him into the Stable, and litter him well, and coꝛie him till he be thoꝛow colde, then let him after stand vpon the bitte, and turne him to grasse.

TO a Hoꝛsse that hath eaten a Feather, giue a bꝛanche oꝛ two of Sauin dꝛy.

A drench for a cough.

A Quarte of Vineger. Fenicreke a peni-woꝛth, Turmerick i.d. Enula-cãpana i.d. long Pepper i.d. Barberies i.d. Liquoꝛice ỹ. d foure Egges, Annisædes, laye the Egges in Vine all night, and after in these dꝛugges beaten and so giue it the beast.

To make a good powder to giue a Horsse in his prouender, or to giue him to drink for the cough, and other diseases.

TAKE of Liquoꝛice i.d. cut it in pẽces, and beate it into powder, then take Annisædes i.d. of graines i.d. of Turmericke i.d. of Fenicreke i.d. one Nutmeg, halfe a

pinte of oyle Olive a quart of Milke.

To cause a horse to haue a good hoofe.

TAKE Cow dunge or Oxe dunge, and let it be mingled with stronge Vineger, and in the euening apply it being made very hot vpon his feete, and wrappe vpon the hoofe a peece of Leather, or some old ragges to keepe in the heate, and within two or three dayes it shall be remedied.

For a horse that is stung with an Adder or Snake, a present remedy.

TAKE three handfules of Sanicle (it is a weed commonly known) and stampe it, and put it in new Milk, and with a Horne drinche him. Or take Honye and Salte, and two Onions: then stampe them and applye it to the sore place, and drinche him with this composition as followeth: Wine a quart, and put into it white Pepper, Herbegrace, and Time with a little Triacle.

And

AND if hée be prickte with a Nayle this is a sure remedye, searche well to finde out the Nayle, his hoofe beeing cleane pared, specially the corrupted place or hole where the naile had festered, then take Rosin and Ware to fill the same place, and with an hot Iron let stone Pitche be melted vpon it, and lay therupon some Cotton then being wel shoed againe you may trauaile him at your pleasure.

IF your Horse by hap drinke a Horseleech he is in great daunger: for by their succking they will kill him, but presently take sweet Oyle and powre into his mouth the quantitye of a quarter of a pinte, and it will destroy them quickly.

IF your Horse swallow down Hens dung in his Paye it will so fret his guts, that he wil voide at his Fundament, very foule excrementes, which beeing perceiued, make him a drench with Parsly seede, Smallage seede, Honye and Wine, and walke him at least after it two houres.

IF your horſſe haue the Bottes, giue him euery Morning two handfulls of Agrimonye without any other meate in his racke, till fiue howres after. and within foure or fiue dayes it ſhall deſtroy them.

IF your Horſſe be Louſie about the eares, necke or tayle or any other parte of his bodye: take the beſte Sope you may haue a pound, and halfe a pound of quicke Siluer, mortified with Aqua vitæ, and with this ointment you ſhall deſtroy them.

IF he cannot piſſe, giue him a quarte of Chalk water ſomewhat warm, if broken-winded, take Longwort dryed, or Dwarſe Gentian and mingle it with his water that he drinketh till he amend.

IF he be ſcabbye let him be let blood, and afterwarde with this ointement let him be annoynted where the ſcabbes are. Take Soot of the Chimneye, ſoft Sope, the iuice of Hemlockes and Vineger, Quickeſiluer, liquid Pitche and honye, and mingle them till they come to be an Ointment. Kill the Mercurie with faſting Spittle.

If

IF his backe be galled: take the powder of two olde Shoes being burnte, with a prittye quantitye of Butter melten, and powre it vpon your horse backe very hot, after that, put the powder thereon. This is approued.

An excelient medicine for a sore horseback, if he be neuer so sore bruſed, if there be a Fistula it healeth it or any dead Flesh.

TAKE a quantitye of Allome and burne it, and also take a handfull or more of Barlye and burne it, and take the powder thereof and mixe it with the roche Allome being bothe mingled togeather: powre it vpon the sore morning and euening, but if the sore be corrupt and full of deade flesh, then vse more of the roche Allome, then of the powder of Barlye, and when it beginneth to heale, vse them both togeather, but more of the Barlye then of the roche Allome: this is a moste excellent remedye, if you haue no Allome presently, let him take a good quantitye of Butter, and Verges and put it vpon the fire, and make it very

hot, and so powre it vpon the sore morning and Euening, laying a little Haye and a cloath, vinde it close all night. If the horse be pinched and swolne then keep it warme and dip a pad of Haye in water, and laye it vpon it and keep the saddle or somewhat els vpon it all night, and it will delaye the swelling Proued.

A present remdeye for the Cow-flixe.

TAKE a pottle or gallon of fayre water, and put therein so manye Hedge sloes as will suffise to be steeped in the saide water and set it ouer the fier to seeth, and therwith mingle the powder of Chalke Egges: whiche you may haue at the Keele, because it is the best and finest in medicine: & giue it your Cattell.

For faint cattell as well Cow, Oxe, Bull or steere.

ONelye Vergis is the remedye giuen them to drinke, and presently turned to good Pasture.

OR els thus: take for euerye one a pinte of Vergis, and put thereto a litle handfull of Baye Salt, and therewith rub their tunges, and after wardes let them drincke the reste, as we haue aboue declared.

AND also, sometimes by euell fedinge or bruising, their tethe are so loole that they fede not, which you shal remedy thus. Take the tayle of the beaste thus diseased, and with your hande fele for soft places, which being founde, slit it a long and binde it vp againe with Soote and Garlicke mingled togeather, and it helpeth presentlye.

BVT the most perfectest medicine that maye be giuen, is to haue this speciall care that they want no water.

An excellent drenche for cattell to be giuen them, either at the springtime or fall of the Leafe.

TAKE hard foote that commonlye is vpon the poste of a houle or rofe where the smoake hath his issue, which being bea-

ſen into powder with Baye ſalte, ſeeth the ſame in running water and giue it them to drinke, Rancke Iuie with the ſote and ſalt, and when the iuie is ſofte, wringe out the iuice and ſtrain it through a Strayner, and let your Cattell drinke thereof blod warme. Often proued.

IF they be hidebounde, take the leaues of Flowredeluce, ſtraine them and let them drink the iuice therof. It is approued.

IF they be ſwolne of the Taint, giue them to drinke preſently mans Vrine mingled with Salte and Treacle. Approued.

IF your Cattell viz. Horſes, Kine, or Oxen happen to be bruſed or wounded by any miſfortune, preſently giue them to drinke the iuice of Sanicle, and alſo applye the hearbe to the outwarde parte where the greeke maye happen. Comphrye is of the ſame vertue: eſpecially for a fall, ſquat or bruſe,

SAlues ſtamped with lowre Leauen and Comphrye, and applied to any part of the

Beaſte

Beaste that is prycked with thorne, it will draw it forth sone.

For Cattes that are sick or hurt.

THe blood of a Graye mired with Salte, and instilled into the hornes of Beastes is approued for to preserue them from the Murren.

IF you suspect them to be infected, applye to their nostrelles the hearbe Pentroyall somewhat brused.

TOst eat the beaste in some parte and put into the wound powder of black Helleborr, whiche is of this singuler vertue to drawe vnto it any poysoned humour, and it yeldeth present remedy.

A soueraine drink for all maner of Cattell that you suspect to be Lung sicke.

TAke me the Hearbe that is called Cowslippe or Lungwort, it groweth vnder euery hedge, and stamp it: and put thertto Fenegreke and madder

der with good Ale, and with a Horne or pritty Tunnell drench either your horse Ore, Cowe or Swine, and it shall yeelde present remedye if there be any disease in the Lunges.

DArke Gentian of some called Mock Gillofer, small chopte and giuen to Swine and all other Cattell: it preserueth them wonderfully from the Murren, and all such contagious diseases as happen to Cattell in corrupt times.

THE bitter Vetche is moste profitable to be giuen to oxen or other Kine, that you are desirous to haue soone fatted.

THe water whiche standeth in the hollowes of Beeches, doth perfectly cure the naughty scurfe and wilde Tetters or scabbes of men, horses, Kine and sheepe, if they be washed therewithall.

THE leaues of blacke Elder are very good Fodder and feeding for Kine, and causeth them to yeeld store of Milke.

Prickling

PRicktimber or Spindletrée is hurtfull for all Cattell, especiallye Gotes, for it killeth them if they purge not presentlye vpwardes and downwards.

HOgges and Swine are verye quicke of hearing, and are giuen muche to sleepe, and will eate their owne Pigges and féede vpon vile Carrion: which causeth them many diseases, as Bosche, Bile, and sore throate: But the best remedye that I know is to let them blood vnder the tunge, and giue them Madder with Pances, called hearbe Trinitie, sod in Whaye: and it shall heale them presently.

Most precious and approued drinches for all cattell, but specially Kine and Oxen.

TAKE two handfulles of Lungewoorte of bothe kindes, of Rewe, of the inner rinde of Elder, these being small chopte, let it be put in a gallon of good Ale, which béeing set ouer the Fier in a Skillet, let it seeth till a quarte be consumed, then stirring it, put therto

thereto of long pepper, of graines, of Licorice, of Aniſſædes, of Cominſædes, of turmericke of eache an vnce: of Madder a quarter of a pounde, and while theſe ſæth, take me a greate Boule diſhe, and put therein a handfull of Baye Salte, halfe a handful of Garlicke, thꝛée oꝛ foure newe laied Egges ſhelles & al: two balles of Oꝛlament, grind all theſe thinges with a Peſtel in the boule, then take the liquoꝛ aforeſayde from the fier till it be halfe colde, and put the warme liquoꝛ into the boule, with the garlick ſalt, Egges, and Oꝛlament, bꝛewe them together well, and let beaſtes dꝛink of this blod warme.

OFten times by many occaſions, Oxen will piſſe blod, which maye be holpen thus: Take two ounces of Bꝛomeſædes two ounces of Pepper, thꝛée vnces of redde Phaſioli made all in powder, and mingle it with a pottle of white wine, and when you giue it them, ſtirre it well together, and drenche them twice oꝛ thꝛice a day.

An other excellent drench.

Take

TAke Baye beries a handfull, of Cominsædes two ounces, a handfull of Madder, a boule of Dylamente, of Fenegræke, Turmericke and Triacle of each an vnce, of Annisædes and Graines, of eache two vnces, these bæing well pouned, put them into a gallon of good Ale, and set them ouer the fier till they be blod warme, and suffer not your beastes to drinke till none in the Sommer, and in the Winter not till night.

The vertue of Angelica or Healeall.

IF any person be sodenlye infected with ỳ Pestilence, feuer or immoderat sweate: let him take this Rote in powder the waighte of a groat, and put there a dram of Treacle, and then compound them with four spoonefulles of the water of the sayde Rote, and then after he hath drunke: let him lye and sweate fasting for the space of foure howres. It is approued.

THE Rotte stæped in Vineger and smelt vnto: and the same Vineger sometimes

times drunke fasting, is an excellente preseruatiue.

THE Rote and water thereof is excellent againste all inwarde diseases, it scoureth the gatheringes of a Pluriſie when it beginneth: it helpeth corrupted lunges, good againste the Collicke, Stranguric and prouoketh tearmes: menstruall in women, helpeth inflamations and swellinges. The iuice of the Rote asswageth the paine of the teeth beeing put into it, and worketh excellentlye againſt the paine in the eyes, the iuice of the Rote dropped into the eye quickneth the sight, and purgeth it from all filth, and the water or pouder of leafe or rote, hath an excellent vertue or healing of rotten Vlcers, and Cankrous Sores, for it cleanseth them and couereth the bone with good flesh.

THE Herbe Carduus Benedictus, or blessed Thistell, is moste excellente againste the headache, beeing eaten or drunk it is good againste the giddines of the head, and comforteth the memory, and restoreth hearing: the leafe, iuice, seede and water,

healeth

healeth all kinde of poysons: for the water hath healed a woman, whose breaste was eaten with a Canker in the very ribbes.

BAlme sodden in white wine and drunke three or fower mornings together, purgeth the breaste, healpes the short winded, comforteth the hart, driueth awaye dumpishe heauinesse, helpeth the falling sickenesse and all other diseases. If you will distill Balme, chop the hearbe small and steepe it in white Wine a night: it is of soueraine vertue, for it deliuereth Women from their panges and greefe of the Mother: also it cureth the paines of the harte it restoreth the memorye, and causeth sweet and pleasant sleepe.

BEtonye hath the like vertues, it is of Soueraine vertue to breake winde, and comforteth a weake Stomacke, either the hearbe or Flowre boyled, or the water distilled, the drye hearb in powder worketh all the effectes, and then alone or with Hony, women that are troubled with the Mother let them vse it: to be short, the leafe, flowre, or rote of Betonye sodden or drunk

drinke in Conserue, Electuarye, Sirrop, potion, or powder, is singuler for all diseases of the Stomacke, Liuer, Splene, Kidneyes and Bladder. It fretteth the Matrix from obstruction, and draweth from thence all hurtfull moystures, for consumption of the Lunges, Coughes, Dropsies, continuall Feauers comming from the stomack, boile the leaues and flowers of Betony in Honied water, and you shal haue present remedy.

To drye and heale vp all sores.

TAke of common Sallet Oyle a pounde, of Ceruce 4. ounces, of Litarge three ounces, Myrrhe halfe an ounce, make these like a Sere cloth which is made of Wlaxe.

Approued against the Plague.

TAke Aqua vitæ three ounces, Rosewater an ounce and a halfe, wherin laye in steepe three dragmes of Sinamon, yellowe Saunders one dragme: straine it through a hearen strainer, and sweeten it with conserue of Roses, then take an ounce thereof euery morning, either in a spone or vpon a Tosse of bread.

FINIS.